





Dream Christmas Ingredients



Creative Joy ideas: doodling, coloring mandalas, baking, collaging, writing, cutting out paper snowflakes, making gifts and cards, singing, watercoloring, taking photos & crafting.



Holiday Happiness ideas: watching Christmas movies, reading, sipping hot cocoa, wrapping gifts, writing cards, decorating, visiting with friends and family & looking at Christmas lights.



Good Self-Care ideas: taking a walk, breathing, practicing yoga, thai chi, using hand cream, getting a massage & being okay with "enough."